



Data Points

RESULTS FROM THE 1997 CALIFORNIA WOMEN’S HEALTH SURVEY

There are a number of different things that women can do to improve their health, such as having regular medical check-ups, maintaining an appropriate weight, and eating a healthy diet. There are also several behaviors that can result in health problems. These include smoking, excessive drinking, and not exercising. As women age, it often becomes more difficult to prevent weight gain and get enough exercise. Older women may have difficulty maintaining a healthy diet due to financial or health problems. Many communities offer services that can assist women with health and nutrition needs. Ceasing unhealthy behavior, such as smoking, at any age will improve health and well-being.

The 1997 California Women’s Health Survey asked 1,151 women age 55 and older if they: visited a doctor for a routine checkup in the past year,

smoke cigarettes, did not have enough to eat in the past month, drank alcohol in the past month, and how much. Other questions determined each woman’s height and weight.

Overall, most older women had a check-up by a doctor in the past year.

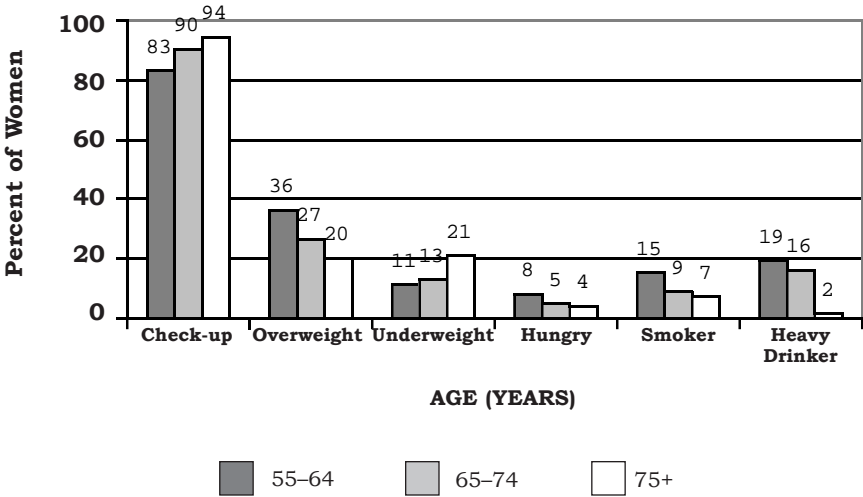
- The majority of women (57%) were neither overweight nor underweight.
- Women ages 55–64 were the most likely to be overweight.
- Women ages 75 and older were the most likely to be underweight.

Women who smoked, drank excessively, and did not have enough to eat were more likely to be ages 55–64. Women ages 75 and older were less likely to smoke, drink excessively, and to be hungry.

HEALTH BEHAVIORS AMONG OLDER WOMEN IN CALIFORNIA

CMRI (California Medical Review, Inc.)

Specific Health Behaviors Among Women, By Age Group; California, 1997



Public Health Message:

Among older women, there were some age differences in health behaviors. More unhealthy behaviors were reported by women ages 55–64.

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